5-Minute Follow Along Morning Flexibility Routine

Cobra stretch - 30 sec
4 way neck stretching - 20 sec each side x 4 = 1 min
Pike to deep squat- 30 sec pike, 30 sec deep squat = 1 min
Cat-camel - 30 sec
90-90 hip stretch- 30 sec each side x 2 = 1 min
Hip flexor stretching- 30 sec each side x 2 = 1 min
= total 5 mins